

FLU AND YOU

— KNOW YOUR RISKS —

Find vaccines near you:
vaccine.healthmap.org

**GET
VACCINATED
TODAY!**

VACCINE: THE BEST PREVENTION

The single best way to prevent the flu is to get vaccinated every year. While other preventative measures (such as hand washing) are important, the flu vaccine is your best bet.



YOU CAN AFFORD TO GET VACCINATED

Most insurance plans cover the cost of flu vaccine. You can get vaccinated at your primary care provider, local pharmacy, student health center, or local health department.



GETTING SICK SUCKS

Most people who get the flu are sick for over a week. That's more than 7 days without class, social functions, and even work. You simply can't afford to get sick.



FLU IS EASILY SPREAD

Close contact such as dorms, classrooms, public transportation, parties, and sports events make flu easy to spread at college.



IT CAN HAPPEN TO YOU

Lack of sleep, not eating healthy, and not exercising regularly weakens your immune system, making you vulnerable to flu. Your lifestyle puts you at a unique risk.



FLU IS SERIOUS

Even healthy people get the flu and it can be very serious. Flu is not the common cold. Every year, healthy young adults become severely sick and some even die from the flu.



Contact Your University Health Center or Health Care Provider Today!

KNOW YOUR RISK • KNOW THE FACTS • GET VACCINATED

There are other vaccines you may need to stay healthy, including HPV, Meningococcal, and Tdap. For more information talk to your healthcare provider.



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